

# Senior Center SNAPS



Continued from front inside page...

I cannot say enough about how safe I felt in the care of our Hurst Fire Department's Paramedics. These people did what they needed to do without creating anxiety on my part. Their calm demeanor was reassuring, which kept me from major panic.

Andy called the Fire Department to commend the paramedics after I returned home. He learned the trip from our home to the hospital would have cost us over \$1,000. The Annual \$60 Ambulance Service fee, we paid last December, paid for itself. I encourage everyone, who hasn't signed up for this service, to seriously consider doing so. It's not too late.

Representatives from the Fire Department will be at HSAC's Annual Business, Health, and Benefits Expo on March 22, 2018 from 10:00 AM - Noon. Stop by and they'll be happy to answer any questions you may have.



# the SENIOR PIPELINE

MARCH  
2018

Get Active and Get Involved!



Adventures In Art Exhibit

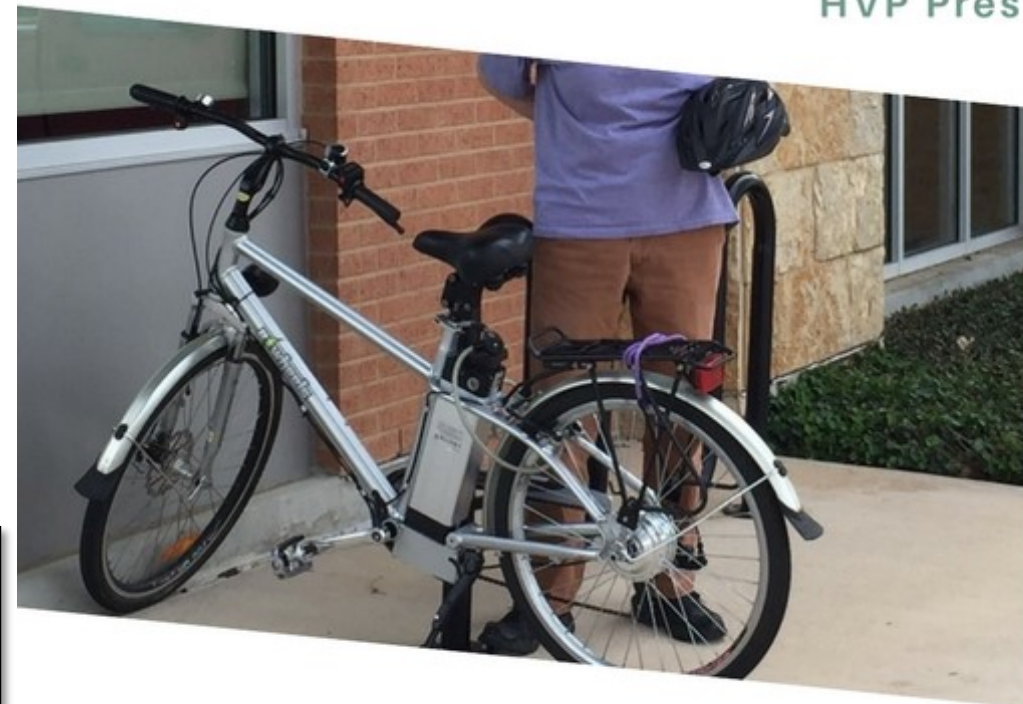
Photography 101

Matter of Balance

Business, Health & Benefits Expo

HVP Presents: Grand Family Picnic

*Check out the  
calendar for new  
events and programs!*



## Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

[www.hursttx.gov/hsac](http://www.hursttx.gov/hsac)

Find us on  
Facebook

Get Connected **HSAC**  
Hurst Senior Activities Center





# SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Adults age 55 & over.

Hurst Residents

\$20 per year  
\$ 5 day pass

Non-Residents

\$80 per year  
\$10 day pass

As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership through the Silver & Fit or Silver Sneakers program. Contact your insurance provider or ask a Front Desk Attendant for more information.

In order to receive the Hurst resident rate please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease and your photo ID as proof of residency.

Senior Center

Marcy Davis - Chair

Gerald Grieser - Vice Chair

Doris Young

Bob Hampton

John Smith

Joan Stinnett

Barbara Albright

Durwood Foote

Marie Perry

Senior Center Staff

Linda Rea

Michelle Varley

Laura Gore

Linda Provence

Debbie Broseh

Diana Conway

Tammy McDonald

Jorji Northrop

Gayle Stevens

Director

Activities Supervisor

Administrative Asst.

Asst. Activ. Coordinator

Front Desk Attendant

Front Desk Attendant

Front Desk Attendant

Front Desk Attendant

Front Desk Attendant

By: Maurine LeCocq, HSAC Journalist

Pain! It began in my chest, radiated up to the left side of my neck, moved over my left shoulder, then down my left arm half-way above the elbow before it eased up. It didn't last long. This felt like everything I had read about a heart attack. I sat back down on the bed and waited. Nothing happened. My husband suggested I lay down for a little while which I did. When I got up it happened again. Again, it wasn't a long event. I decided it might be wise to take one of Andy's baby aspirin and get dressed while Andy called 911. This was scary.

Within minutes several paramedics were at our door. They came into the family room where I was sitting on the couch. Questions were flying as one of the paramedics attached a blood pressure cuff to my arm. Another paramedic began attaching electrodes to do an EKG. They brought a gurney into the house, helped me on, took me out to the ambulance, and lifted me inside the back where all their equipment is easily available for diagnostic, care, and communication with the hospital. They let Andy ride in the cab.

It was very warm and quiet inside the ambulance. Two paramedics were in there with me. One of them inserted an IV, while the other asked, "Did you take an aspirin?"

"Yes, I remembered you need to take an aspirin so I put a baby aspirin under my tongue." "Chew it up." He handed me three more. "Chew these up as well. Open your mouth up wide. I'm going to spray nitroglycerin under your tongue." These soft spoken gentle men exuded calm and assurance that all was under control and I would be okay. They answered questions without hesitation which was reassuring.

It seemed like I had just been lifted into the ambulance and suddenly I was being lifted out of it, rolled into HEB's Emergency Room, down a hall, lifted onto a bed, and they were saying goodbye. The ER Staff took over before they left.

Continued on back page...

# OPEN ACTIVITIES

Games

"42" (Game Room)  
Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

Acey Ducey/Backgammon  
Wednesdays (CRC) 1:00 pm - 4:00 pm

Billiard's Room  
Open Daily  
See calendar for organized games

Chicken Foot  
Tue. & Fri. 1:00 (CRC) pm - 3:00 pm

Duplicate Bridge (Game Room)  
Tue. & Thur. 12:30 pm - 4:00 pm

Canasta  
Tuesdays Hand & Foot (CRA) 10:00am-4:00  
Tuesdays (MPN) 2:00 pm - 5:00 pm  
Wednesdays Samba (CRC) 10 am - 1:00 pm  
Thurdays (Class Room C) 2:00 pm - 5:00 pm

Marbles & Jokers (Lessons Available)  
Thursdays (CRC) 10:00 am - 12:00 pm  
Fridays (CRA) 1:00 pm - 3:00 pm

Mah Jongg (Lessons Available)  
Monday (Class Room C) 2:00 pm - 4:00 pm  
Wednesday (Game Room) 10:00 am - 12:00 pm

Mexican Train  
Mondays (CRA) 1:00 pm - 3:00 pm

Ping Pong (Class Room A)  
Wed. & Fri. 9:00 am - 12:00 pm

Party Bridge (Game Room)  
Tue. & Thur. 9:00 am - 12:00 pm  
Fridays 10:00 am - 12:00 pm

Pinochle  
Mondays (Class Room A) 8:00 am - 12:00 pm  
Wednesdays (MPN) 8:00 am - 12:00 pm

Rummikub (CRC)  
Wednesday & Thursday 1:00 pm - 3:00 pm

Scrabble  
Wednesdays (CRC) 1:00 pm - 3:00 pm

Health & Exercise

Walking Group (14 laps make a mile!)

Work Out on Your Own  
With one of our available  
Exercise DVD's  
(See the front desk for room and video)

Choose From:  
Qigong  
Richard Simmons - Disco Sweat  
Richard Simmons - Silver Foxes  
Richard Simmons - Sweatin' to the Oldies  
Tai Chi for Beginners  
Texercise  
Walk Away the Pounds  
Yoga for Beginners

Arts, Crafts & Misc.

Art Addicts  
(Class Room B)  
Mondays 9:00 am - 11:00 am  
Thursdays 6:00 pm - 8:45 pm  
Fridays 10:00 am - 3:00 pm

Coupon Clique  
(Cafe)  
Tue. & Thur. 9:00 am - 12:00 pm

Knot-a-Lot  
(Studio B)  
Wednesdays 1:00 pm - 5:00 pm

Quilting  
(Studio B)  
Mon. Tues. & Wed. 1:00 pm - 5:00 pm  
Fridays 9:00 am—1:00 pm

Wii Play  
(Studio A)  
Monday & Wednesday 4:00 pm - 6:00 pm

## SOCIAL PROGRAMS

**MONTHLY DANCES** **All Seniors 55+ are Welcome!** Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only **\$5 per person** payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out! . **March 8 -“Justin Hunter Band”, and March 22 - “Pete `n Patti”.**

**POTLUCK BINGO (95002 5/75/MP)** **Thursday, March 1, 6:00pm.** Bring a side dish or dessert to share. The Senior Center provides the main entrée (Chicken Spaghetti), drinks and prizes. Please sign up in advance. **FREE!**

**MOVIES & MUNCHIES: A Quiet Passion (95001 5/75/MPN)** **Friday, March 2, 1:00pm** Join us as we offer a movie with "munchies" - including popcorn, drinks, and a snack for only **\$3 per person**. “A Quiet Passion” is the story of American poet Emily Dickinson from her early days as a young schoolgirl to her later years as a reclusive, unrecognized artist. Rated PG-13. Sponsored by Silver Ridge Assisted Living & Memory Care. Please sign up in advance.

**SOUP & SALAD FOR LUNCH (95096 1/100/MP)** **Thursday, March 8, 11:30am – 12:30pm** Come to the Senior Center for lunch! Enjoy a hearty bowl of soup and a healthy salad hosted by Green Valley Healthcare & Abiding Home Health of DFW. Soup and salad will be available on the 2<sup>nd</sup> Thursday of each month for only \$3 per person.

**NEWCOMER’S CONNECTION (94005 1/15/Conf)** **Friday, March 9, 2:15pm** Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you. Please sign up so we’ll know to expect you. **FREE!**

**HAPPY HATTER’S MEETING (95040 1/75/MPN)** **Friday, March 9, 9:15am.** Hostesses Barbara Turley and Paula Sanders ask you to join them on a tour of “Top O Hill Terrace” ( a speak easy) in Arlington TX. A \$10 donation for the tour is required. We will meet at the senior center for a short meeting, then car pool to Catfish Sam’s for lunch then on to Top O Hill Terrace. Wear your red hat and name badge! \$2 "Hatters' Fund" donation appreciated.

**BIRTHDAY PARTY (95006 6/75/MPN)** **Wednesday, March 14, 2:00pm** Let us honor you on your special day. It doesn’t have to be your birthday to attend; the party is open to all Senior Center Members. *If it’s your birthday month, we won’t know if you don’t sign up!* Please sign up. Sponsored by Golden Outlook Insurance. **FREE!**

**BINGO IN THE AFTERNOON (95058 5/75/MP)** **Wednesday, March 21, 2:00pm** Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Heritage Village Residences. **FREE!**

**BREAKFAST CLUB (95015 10/50/MPN)** **Wednesday, March 28, 8:00am** Wake up and get up to the Senior Center for a hearty breakfast of fresh made waffles, sausage link, assorted fruit, juice, & coffee. Sponsored by Legend Hospice/Elim Health Care. **\$4 per person.**

**PICTURE BINGO (95021 10/100/MPN)** **Friday, March 23, 2:00 pm - 3:30 pm.** Get your weekend started with Picture Bingo. Be the first player to fill your picture board and win! Prizes and refreshments provided. Please sign up so we are sure to have enough Bingo boards for everyone. **FREE!**

## SPECIAL EVENTS

**NIGHT AT THE ARTISAN (95005B 30/80/Artisan Theater)** **Tuesday, March 6, 7:30pm** (doors open at 7 pm.) “The Wizard of Oz,” the beloved tale of a Kansas farm girl who makes a miraculous journey over the rainbow, celebrating the joy and healing power of home. Reservations began in February and are now closed. You must provide your own transportation to the theater. Please see the front desk if you made reservations and have not yet picked up your tickets or need to cancel.

**ADVENTURES IN ART EXHIBIT March 5-9** Come enjoy the artwork created by BISD’s special needs students. Plan to meet the students and the teachers on Tuesday, March 6th at a special come and go reception 4:00 pm - 6 pm. Sponsored by BISD.

**SOCIAL BALLROOM DANCE LESSONS FOR BEGINNERS (92056A 5/50/MP)** **Friday, 11:15am - 12:15pm** Classes began **February 2 and continue through April 6. \$40 per individual participant; \$48 per couple.** One-time fee is paid at time of registration and is for the entire class series. *Please note that class on March 16<sup>th</sup> is cancelled and will be made up on April 6.* No refunds or credit for missed classes.

**Physical Therapy Talk (94044 1/25/SA)** **Tuesday, March 13, 11:00am** Did you know 1 out of every 3 persons over 65 fall at least one time per year, and that 75% of Americans older than 70 are diagnosed as having “abnormal” balance? Falling just once doubles your chances of falling again! Attend this class to learn the effects of falls, as well as risk factors for falls in the home and in the community. Learn how to avoid or even lower your risk factors. Sponsored by: Barkman and Smith Physical Therapy.

**HERITAGE VILLAGE PRESENTS: GRAND FAMILY PICNIC (Sign up not required)** **Wednesday, March 14, 11:00am–1:00pm. Bring the family and have some fun out front in Heritage Park!** Inflatables for the kids, Free concert featuring “Trout Fishing in America”. In & Out Burger will be onsite with FREE burger boxes for those that attend the event. Ticket is required to receive a box lunch, one ticket per person. **Event is FREE!**

**SPUD & A SHOW: McClintock (95033C 1/100/MPN)** **Thursday, March 15, 5:30pm** Get out of the house tonight and come enjoy a loaded potato bar and a classic movie. “McClintock” is the story of the cantankerous cattle baron whose wife has just returned from the East after a two-year separation. This refined lady wants a divorce and custody of their 17-year-old daughter, who has been away at school and holds her Mother's distaste for all things "Western." Starring John Wayne, Maureen O’Hara, Chill Wills, Stephanie Powers, and Patrick Wayne. Sponsored by: Home Care Assistance of Forth Worth. Please sign up in advance so we can prepare accordingly. **\$3 per person**

**MATTER OF BALANCE (94020C 10/20/MPN)** **Mondays, March 19 – May 14, 11:00am - 1:00pm** Award winning program designed to manage falls and increase activity levels. Learn practical strategies to reduce the fear of falling and increase your activity. Reduce fall risk factors by understanding your environment and how you can change it, and how to gain strength and balance through exercise. Minimum of 10 participants for class to make. Must commit to 8 weeks of classes. Sponsored by Tarrant County Public Health. Please sign up in advance. No class on March 26 due to TCPC holiday. **FREE!**

**BUSINESS, HEALTH AND BENEFITS EXPO (95062C MPR)** **Thursday, March 22, 10:00 am-12:00 pm.** Get to know local businesses and the service and products they provide. Receive healthy living tips, screenings, opportunities for community involvement and more. Door prizes to be given away throughout event. The Health, Benefits & Business Expo is open to the public, so invite your friends age 55+ to attend. **FREE!**



# COMPUTER RESOURCE CENTER

**Computer Resource Center** The Computer Resource Center is FREE and always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Please be sure that you sign up for the class if you plan to attend. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room.

## Computer Squad (93035) 1/16/Comp)

**Monday, March 12 & 26, 1:00 - 2:30pm**

Join our tech volunteers in a casual setting as they help HSAC

members with both big and little problems related to computer usage. Let the instructors, one-on-one or with presentations, share knowledge on just about any computer or Internet topic you are interested in. Learn new computer skills so you can become a more confident computer user. Volunteer instructors will also be available to scan photos into digital jpg files. Limit of 5 scanned photos per visit. We recommend bringing a thumb/flash drive for storing your images. Instructors: Dave Thompson and Jack Schroeder. **FREE!**

## iPad and iPhone (93042) 1/16/Comp)

**Fridays, 10:00 - 11:00am** Continue to explore what you can do with your iPad and/or iPhone each week. Class designed for those that have some experience with their device. Bring your device and questions. Instructor: Fannette Welton. **FREE!**

## iPad and iPhone for Beginners (93030) 1/16/Comp)

**Mondays 3:00 - 4:30pm** This class is just for those that are new to their iPhone or iPad device and Apple products. Each class will cover the basic information you need to use your device to the fullest. It will follow the same lessons provided in the Friday class, just at a slower pace. Bring your iPad or iPhone and learn by doing. Instructor: Fannette Welton. **FREE!**



**Get Your Pics (lobby) Tuesdays, March 13 & 27, 2:00 - 3:00pm** Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**

**Windows 10 (93004) 1/16/Comp) Tuesdays, 10:00 am - 11:00 am** Class is for those new or transitioning to Windows 10. All lessons are displayed on the projector screen for you to follow. The Computer Resource Center machines are Windows 8, but you are welcome to bring your laptop with you. Instructor: Cecil Kearney **FREE!**

- Week 1– Do what you did before Wind 10
- Week 2– New and fun stuff on the tiles
- Week 3– More to do on the Start Screen
- Week 4– Fun with new search program

## Facebook for Desktop Computers (93041) 1/16/Comp)

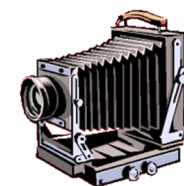
**Wednesday, March 21, 11:00am - 12:00pm** Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, block others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Tammy McDonald. Sign up so we know to expect you. **FREE!**

## Photography 101 (93010) 1/16/Comp)

**Thursdays, March 8, 15, 22 & 29, 2:00 - 3:30pm** If you enjoy using your SLR

digital camera but want to know more about how to use it and get better results, then perhaps our Photography 101 class will give you the added knowledge and skills you want and need. Four

weekly sessions are planned, each one lasting 60-90 minutes starting on March 8. Learn about good composition and storytelling with your camera. Learn how to master all those dozens of controls and settings it has, and how to correct exposure errors in your computer. And finally, how to organize your photos like the pros. **Supply Fee \$5**, for flash drive that you get to keep containing all class presentations is payable to instructor first day of class. Instructor: Jack Schroeder.



**Caring Covers** Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

## Knot-a-Lot Wednesdays, 2:00 - 4:00pm

Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to come "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

## HSAC Crafting (91094) 1/25/SA)

**Wednesday, March 14 & 28, 10:00am–12:00 pm.** Do you enjoy making things? Bring your ideas and craft with this group led by Diana Conway as they begin to prepare for the 2018 Craft & Holiday Market. All items made are donated to the Center. Proceeds from the sale of these items benefits HSAC. Supplies are provided. **FREE!**

## Empty Bowls 2018 9:30am - 12:30pm

Love to paint, but don't know what to do with it when its done? Design a bowl to keep or to be donated to the "Tarrant Area Foodbank's Empty Soup Bowls 2018". Instructor: Diana Conway. \$5 per bowl.

- **Thursday, March 8, (91003) 1/15/SA)**
- **Tuesday, March 27, (91007) 1/15/SA)**

*Tickets are on sale now at [www.tafb.org](http://www.tafb.org) for this years event on March 7th at Will Rogers Memorial Center.*

## Glass Fusion Lessons (91073) 1/10/CRB)

**Tuesday, March 13, 9:30am** Learn to cut glass and more as you create a pendant for a necklace. 2 piece limit per class, \$5 per additional piece. Supplies provided. Instructor: Diana Conway. Class fee \$15.

# CREATIVE ARTS

## Quilter's Choice (91024) 1/12/SB)

**Mondays, 10:00am–1:00pm** Native to South America and symbol of hospitality in earlier times here at home, the pineapple is the inspiration for this month's quilt project. Project started in January and will continue through completion. See instructor Jan Cook for details. \$25/mo.

## Quilter's Lab (91078) 1/12/SB) Tuesdays, 10:00am–1:00pm

Instructor assistance with your project. Instructor: Jan Cook. \$25/mo.

## Beginner Quilt Making (91047) 1/6/SB)

**Wednesdays, 10:00am–1:00pm** Come learn all the basics of quilting. Small project finished in a month! Students must bring their own machine to the Center and should know the basic use of their machine. Instructor: Jan Cook. \$25 monthly fee.

## Ceramics (91001) 1/25/SA) Tuesdays & Thursdays, 1:00 - 5:00 pm.

Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

## Wine Bottles (91054) 1/25/SA) Tuesdays & Thursdays, 1:00 - 5:00 pm.

Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

## Glass Fusion (Open) (91092) 1/10/SA)

**Friday, March 9, 1:00pm** Use your own materials. Participants are required to have taken the Glass Fusion Lessons class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

# CREATIVE ARTS

**Art Addicts** Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest? Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent.

- **Thursdays, 6:00 - 8:45pm (91004 <sup>1/16/CRB</sup>)**
- **Fridays, 10:00am - 3:00pm (91005 <sup>1/16/CRB</sup>)**

**Multi-Media Painting (91101 <sup>1/16/CRB</sup>) Mondays, 12:15—4:00pm** Classes on the use of watercolor, pastels, acrylic, and oil painting. Instructor will also guide in creating Steampunk designs through the use of paints, recycled, repurposed and other materials. Choose your medium! Instructor: Victoria Pedersen. \$40/mo.

**Coloring Therapy (91018 <sup>1/25/SB</sup>) Thursday, March 15, 10:00am – 12:00pm** Coloring books are no longer just for kids. In fact, adult coloring books are all the rage. Research has shown coloring has therapeutic potential to reduce anxiety, create focus and bring about mindfulness. All supplies are provided. Sponsored by: Marie Veneralle, Golden Outlook Insurance. **FREE!**

# Thank You!

- |                                |                               |
|--------------------------------|-------------------------------|
| • Artisan Theater              | • Golden Outlook              |
| • Best Donuts                  | • Heritage Village Residences |
| • Bionix Hearing               | • Mid-Cities Pharmacy         |
| • Brown & Freeman              | • Nations Insurance           |
| • Busy B’s Bakery              | • Celia Neyra                 |
| • Custom Fit Insur. Mike Smith | • Premier Tours               |
| • Donut Plaza                  | • Right at Home               |
| • Edward Jones, Adam Davenport | • Smile Donuts                |
| • First Hurst Donut            | • What’s Poppin Tx            |

**You Can Paint with Oils (91074 <sup>6/15/SA</sup>) Friday, March 23, 9:30am - 12:30pm.** Painting title: “Bluebonnet Evening”. Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Learn basics of color mixing, brush strokes and perspective. All supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$20.

**Writing Group (94064 <sup>1/15/CRB</sup>) Thursdays, 10:00am - 12:00pm** Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen \$15 month.

**Bead Mania I (91048 <sup>1/8/CRB</sup>) Tuesday, March 13, 2:30pm.** Come make a Emerald Bracelet to celebrate St. Patricks Day. Instructor: Diana Conway. Class fee \$5; Supply fee \$10.

**Floral Arranging (91050 <sup>1/8/SA</sup>) Tuesday, March 27, 2:30pm** Decorate your front door with a Wreath to celebrate the arrival of Spring. Instructor: Diana Conway. Class Fee \$5; Supply fee \$20.

**Jewelry Repair (91026 <sup>1/8/SA</sup>) Monday, March 26 12:30 - 2:00pm** Bring your broken costume jewelry to be repaired. Replace broken clasps, restring beads, and other minor repairs done. \$5 repair fee for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs. Instructor: Diana Conway.

**Bead Mania II (91056 <sup>1/8/SA</sup>) Thursday, March 29, 2:30pm** Come make pretty rose pendant necklace. All supplies provided. Instructor: Diana Conway. Class fee: \$5; Supply fee \$12.

# FUN & GAMES & GROUPS

**Billiards’ Corner** Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 <sup>8/12/BIL</sup>) March 7, 2:00 - 4:00pm** Ladies only. No experience needed. **FREE!**
- **8-Ball Tournament/Singles (95078 <sup>8/24/BIL</sup>) Friday, March 9, 11:00am - 4:00pm.** Sponsored by Premier Tours Global. **\$3/pp**
- **Partners Pool (95086 <sup>7/14/Bil</sup>) Wednesday, March 21, 11:00am - 2:00pm.** Partners to be determined. **FREE!**
- **9-Ball Singles Tournament (95029 <sup>8/24/BIL</sup>) Friday, March 23, 11:00am - 4:00pm.** Sponsored by Premier Tours Global. **\$3/pp.**

**Book Club (94078 <sup>1/20/Conf</sup>) Monday, March 19, 3:00pm** Discuss “Still Alice” by Lisa Genova; Read “Before the Fall” by Noah Hawley or a nonfiction book of your choice. Facilitator: Tammy McDonald. **FREE!**

**Texas Hold’em Tournaments**

- **Tuesday, March 6, 9:30 - 11:30am (94012 <sup>1/40/MPN</sup>)** No frills. Just playing for fun and practice.
- **Wednesday, March 28, 2:00 - 4:00pm (95007 <sup>1/40/MPN</sup>)** Put your best poker face on and join us! Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Winners are recorded for the Play Off Game at the end of the year. Sponsored by: Mike Smith, Custom Fit Insurance.

**Aircraft & Helicopter Science Group (95031 <sup>1/16/CRB</sup>) Wednesday, March 7, 2:00 – 4:00pm** Your help is needed to develop and present aviation programs in area schools and Boy Scout troops on engineering, math and vocational careers.

**Bunco (95092 <sup>5/30/MPN</sup>) Thursday, March 22, 3:00pm** Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown and Freeman, LLC. **FREE!**

**Creative Culinary Club (95094 <sup>1/12/MPN</sup>) Friday, March 16, 11:00am - 12:00pm** Do you love cooking? Do you enjoy trying new recipes? If so, then join the Creative Culinary Club. Participants are asked to bring a covered dish that will serve a minimum of 12 and is related to the topic of the month. This month the topic will be - Appetizers. Bring your favorite appetizer to class. Make sure that you bring a copy of the recipe with you to share. Facilitated by Tammy McDonald. **FREE!**

**Spanish Club (94004 <sup>1/20/CRB</sup>) Wednesdays, 11:00am** Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary usage. Facilitator: Judith Wingo. All are welcome! Sign up! **FREE!**

**Show & Tell (94043 <sup>1/30/SA</sup>) Monday, March 19, 1:00 pm.** Bring something to talk about – an actual *thing* to share that reveals a part of yourself that might not be so obvious to others. Use your object as a storytelling starter. Tell something about where you were from, or where you have traveled to, or what you enjoy doing. This is not something that you have to rehearse. There is no need to be clever or funny. Come with curiosity as you share with and learn from others. Sponsored by: Marie Veneralle, Golden Outlook. **FREE!**

**Karaoke & Music (95035 <sup>5/100/MPN</sup>) Mondays 2:15 - 4:15pm** Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **FREE!**

**Cafe Exchange (94062 <sup>1/30/SA</sup>) Mondays & Fridays, 10:00am - 1:00pm** What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair, cup of coffee and join us! **FREE!**



## FITNESS/HEALTH/WELLNESS

**Fitness Room** Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

**Fitness Orientation** is offered several times throughout the month, see the Senior Pipeline for schedule. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room.

**Personal Training (92020; 92041; 92042)** Personal trainer Rosy Pritchett is available to assist you in reaching your individual health and fitness goals. She will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. **\$40/hr.**

**Fit Start I Exercise Class** Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Tuesdays (92036 5/30/MPS) 9:00 - 10:00am** Instructor: Jerri Worl **\$10/4 classes**
- **Thursdays (92058 5/30/MPS) 9:00 - 10:00am** Instructor: Jerri Worl **\$10/4 classes**

**Silver & Fit Excel** This 50 minute class is designed for athletic older adults who are looking for a challenging workout to take them to the next level of fitness. Class will include floor and standing exercises. Please bring an exercise mat and a bottle of water with you. Classes are **\$2.50 each**, payable at the beginning of each month. *Class fee is waived for Silver & Fit members, see front desk for details.*

- **Mondays (92051 5/30/MPS) 9:00 - 9:50am** Instructor: Rosy Pritchett **\$10/4 classes**
- **Wednesdays (92050 5/30/MPS) 9:00 - 9:50am** Instructor: Rosy Pritchett **\$10/4 classes**

**Non-Contact Boxing** A great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. This class is designed with Parkinson's patients in mind, but anyone can benefit from the exercise and is welcome to participate. Classes are **\$2.50 each** payable at the beginning of each month. Instructor: Rosy Pritchett.

- **Wednesdays (92057 5/12/MPS) 4:00 - 4:45pm** Instructor: Rosy Pritchett **\$10/4 classes**
- **Fridays (92064 5/12/MPS) 9:00 - 9:45am** Instructor: Rosy Pritchett **\$10/4 classes**

**SilverSneakers Classic** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing and balls for resistance. A chair is available if needed for seated or standing support. SilverSneakers members receive priority enrollment and fees are waived for class. Other membership types are **\$2.50** per class payable at the beginning of the month. Class length: 50 minutes.

- **Mondays (92008 5/30/MPS) 8:00am** Instructor: Rosy Pritchett **\$10/4 classes**
- **Tuesdays (92010 5/30/MPS) 5:00pm** Instructor: Debbie Melchiorre **\$10/4 classes**
- **Wednesdays (92009 5/30/MPS) 8:00am** Instructor: Rosy Pritchett **\$10/4 classes**
- **Thursdays (92011 5/30/ MPS) 5:00pm** Instructor: Debbie Melchiorre **\$12.50/5 classes**

**Back, Shoulders & Balance (92046 3/30/MPS) Mondays, 4:30 - 5:15pm** You will work to gain muscular strength, increase muscle tone and stretch with purpose in your back, shoulders and areas of balance. Expect to improve your ability to get out of bed, get out of a chair, maintain your posture and alleviate back muscle pain. Instructor: Rosy Pritchett. Classes are \$2.50 each payable at the beginning of each month. **\$10/4 classes.**

**Tai Chi (92049 3/20/MPN) Wednesdays, 9:00 - 10:00am** Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: Chot Pham. **FREE!**

## EDUCATION & SEMINARS

**Advanced Self-Defense for Seniors (95093 1/20/MPN) Tuesday, March 13 & 27, 10:00 - 11:30am** This class is a more intense training of the basic class. Participants must have taken the basic class first. Instructor: David Scott **FREE!**

**Basic Self-Defense for Seniors (95091 1/15/MPN) Tuesday, March 20, 10:00 - 11:00am** Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Instructor: David Scott who holds a Black Belt in Karate. **FREE!**

**Essential Oil Workshop (94082 1/25/SA) Monday, March 12, 1:00pm** We will be doing "Support Your Immune System: Gut Health and NingXia Red." We will have a Make and Take with a \$5.00 Fee due to instructor. Instructor: Patricia Manascalco.

**Edward Jones Presents (94040 1/24/Conf) Friday, March 16, 10:00 am.** Let's talk about tax tips. Strategies to possibly save money on taxes now or in the future. Also, how much can a little do? We will discuss converting IRA money to a Roth IRA, insurance strategies and investment calculators. Sponsored by: Adam Davenport, Edward Jones & Co. **FREE.**

**Health Talk (94056 1/25/SA) Wednesday, March 14, 1:00-2:00pm** Dr. Sharon R. Price directs the Nutritional Direction Clinic located in Keller. Lack of proper nutrition is linked to many illnesses, disorders, imbalances, and other health issues. Come learn, as Dr. Price shares how to improve healing, energy levels and overall health by changing what you eat, Sponsored by: Keller Oaks Nursing & Rehabilitation. **FREE!**

**A Study on Leadership (94091 05/12/Conf) Tuesday, March 27, 10:00 - 11:00am** Join Carl Edwards for this monthly class and learn how you can better relationships and yourself. Different topic each month. Sponsored by: Bionix Hearing. **FREE!**

**Blood Pressure Checks (Front Lobby) 1st Thursday each month, 10:00-11:00 am** Get your blood pressure checked by Right at Home, Home Healthcare. **FREE!**

**Aetna Catalog Party (94046 1/30/SA) Friday, March 2, 11:00am** If you are an Aetna insurance holder, you may be eligible to a \$50 credit per quarter that you can use to purchase healthcare items such as over the counter medicine, canes, blood pressure machines, toothpaste and other healthcare items. Credit expires if not used. Attend the catalog party and order for the current quarter so you do not lose out. Sponsored by: Golden Outlook, Marie Veneralle. **FREE!**

**Medicare Q&A (5/25/Comp) Tuesday, March 20, 11:00am-12:00pm** Learn about the coverage offered through parts A, B, C and D of Medicare, requirements, exclusions and available coverages. Sponsored by Celia Neyra, Nations Insurance Solutions. **FREE!**

**Foundation for Finance (F3E): Taxes In Retirement (94001 1/16/Conf) Tuesday, March 20, 1:00pm** We want to help you live a happy retirement and get the most out of the assets you have accumulated over your lifetime. Come learn about how to minimize your taxes in retirement. **FREE!**

**History of Aviation: Manufacturing Methodology (94030 1/16/CRB) Wednesday, March 21, 2:00-4:00pm** A focus on the need for Industrial Arts courses in High School with wood, metal, electrical, and drafting. Using Illinois aggressive approach working with industry. Why aren't we doing this in Texas? Instructor: Bob Shultz. **FREE!**

**Ask A Pharmacist (94087 1/40/SA) Wednesday, March 21, 10:00am** Learn about current trending topics related to drugs, health and wellness from one of our Hurst Pharmacists. Instructor: Aemad Aslam Sponsored by Mid-Cities Pharmacy. **FREE!**

**Financial Presentation (94002 1/25/Conf) Wednesday, March 28, 9:30am** Is your retirement money tax diversified? Learn ways to make sure you are retirement ready. Sponsored by the Householder Group. **Free!**

# AQUATICS CLASSES

**UNSTRUCTURED WATER TIME** Use of the pool for unstructured water time is available on **FRIDAYS** in two 55 minute increments. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited. A pool attendant is onsite for assistance as needed.

- **Fridays, 10:00 – 10:55am (92069** <sup>3/15/HVR</sup>) \$5/month
- **Fridays, 11:00– 11:55am (92070** <sup>3/15/HVR</sup>) \$5/month

**SilverSneakers SPLASH** Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination. Class fee is waived for SilverSneakers Members. Instructor: Rosy Pritchett.

- **Mondays, 10:00 – 10:45am (92079** <sup>3/15/HVR</sup>)
- **Wednesdays, 10:00 – 10:45am (92080** <sup>3/15/HVR</sup>)

**AQUA ZUMBA** This class is perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine. Benefits include less impact on your joints during class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Instructor: Rosy Pritchett

- **Mondays, 11:00 – 11:45am (92077** <sup>3/15/HVR</sup>)
- **Wednesdays, 11:00 – 11:45am (92078** <sup>3/15/HVR</sup>)

**WATER WELLNESS** If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Off the Deep End Aquatics

- **Tuesdays, 10:00 - 10:45am (92071** <sup>3/15/HVR</sup>)
- **Thursdays, 10:00 - 10:45am (92072** <sup>3/15/HVR</sup>)

**WORK IT IN WATER** Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Instructor: Off the Deep End Aquatics.

- **Tuesdays, 11:00 - 11:45am (92073** <sup>3/15/HVR</sup>)
- **Thursdays, 11:00 - 11:45am (92074** <sup>3/15/HVR</sup>)

**Purchase a 5 class Punch Card (Aquatics 92075 & 92076) for \$20, (Splash 92081 & 92082) for \$20 (fee waived for SilverSneaker members). Choose your class, day and time. Come when it’s convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>10:00 - 10:45</b> SilverSneakers Splash	<b>10:00 - 10:45</b> Water Wellness	<b>10:00 - 10:45</b> SilverSneakers Splash	<b>10:00 - 10:45</b> Water Wellness	<b>10:00 - 10:55</b> Unstructured Water Time
<b>11:00 - 11:45</b> Aqua Zumba	<b>11:00 - 11:45</b> Work It In Water	<b>11:00 - 11:45</b> Aqua Zumba	<b>11:00 - 11:45</b> Work It In Water	<b>11:00 - 11:55</b> Unstructured Water Time

# FITNESS/HEALTH/WELLNESS

**Line Dancing** Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Beginner Line Dance (92044** <sup>5/30/MP</sup>) Thursdays, 12:30 - 1:00 pm (No Class 3/22)
- **Improver Line Dance (92054** <sup>5/50/MP</sup>) Thursdays, 1:00 - 1:45 pm
- **Intermediate Line Dance (92055** <sup>5/50/MP</sup>) Thursdays, 1:45 - 2:30 pm

**Zumba Gold** Latin inspired fitness dance classes featuring high energy. Fun way to experience a great cardio workout! Punch card no longer required. You must sign up for the class each month. Classes are \$4 each payable at the beginning of each month.

- **Tuesdays (92001** <sup>5/30/MPN</sup>) 10:30 - 11:00am Instr: Rosy Pritchett **\$16/4 classes**
- **Wednesdays (92002** <sup>5/30/MPN</sup>) 10:15 - 11:00am Instr: Kalyn Worthey **\$16/4 classes**

**Ageless Grace (92007** <sup>5/30/MPS</sup>) **Thursdays, 10:30 - 11:15am** Ageless Grace is a program that works on all 5 functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are **\$2.50 each** payable at the beginning of each month. Class fee is waived for Silver & Fit members, see front desk for details. **\$7.50/3 classes.** (Class cancelled on 3/22 and 3/29.)

**Strengthen On Your Mat (92061** <sup>5/30/MPS</sup>) **Fridays 10:00 - 11:00am.** Core strengthening class that combines pilates, basic exercise moves, and yoga. Classes are \$2.50 each, payable at the beginning of each month. Instructor: Rosy Pritchett **\$10/4 classes**

**Hatha Yoga (92035** <sup>3/25/MPS</sup>) **Tuesdays, 2:30 - 3:30pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Tyler Kuelbs /Aimee Larson **FREE!**

**Chair Yoga (92053** <sup>3/30/MPS</sup>) **Tuesdays 3:45 - 4:45pm** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Instructor: Tyler Kuelbs/ Amy Larson. **FREE!**

**Kundalini Yoga (92033** <sup>3/30/MPS</sup>) **Mondays, 10:15 – 11:15am** Come join us for a kundalini style yoga class. This fun, challenging class wakes up the energy centers in your body. Through the use of movement, breath and meditation, you connect to your core energy and let go of what no longer serves you. This class includes stretching, yoga poses, and chant. Instructor Cheri Nelson. Introductory class special: **Free for March.**

**Gentle Yoga (92052** <sup>3/15/MPS</sup>) **Mondays, 1:00 - 2:00pm** Gentle yoga incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. Instructor: Rachel Cowley. **\$4** per class, payable at the beginning of each month.

**Restorative Yoga (92060** <sup>3/8/MPS</sup>) **Friday, March 16, 3:30-5:00pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Instructor: Michelle Varley. **Class fee: \$5**



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
<p><b>Sign ups for Classes Begins March 1st 8:00 am</b></p>	<p><b>Blood Pressure Checks 1st Thursday each month 10:00 am—11:00 am Sponsored by Right at Home</b></p>	
<p>8:00 SilverSneakers Classic 9:00 Silver &amp; Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange <b>10:15 Kundalini Yoga</b> 12:15 Multi-Media Painting 1:00 Gentle Yoga 2:15 Karaoke &amp; Music 3:00 iPad/iPhone Beginners <b>4:30 Back Shoulder&amp;Balance</b></p>	<p>9:00 Fit Start I <b>9:30 Texas Hold'em Tournament</b> 10:00 Windows 10 10:00 Quilter's Lab 10:30 ZUMBA Gold 1:00 Ceramics &amp; Wine Bottles 2:30 Hatha Yoga 3:45 Chair Yoga <b>4:00 - 6:00 Adventures In Art Reception</b> 5:00 SilverSneakers Classic <b>7:30 Night At The Artisan</b></p>	<p>8:00 SilverSneakers Classic <b>9:00 Tai Chi</b> 9:00 Silver &amp; Fit Excel 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club <b>1:00 Fitness Orientation</b> (92027) 2:00 Ladies Powder Puff Pool 2:00 Aircraft and Helicopter Group 4:00 Non-Contact Boxing</p>
<p>8:00 SilverSneakers Classic 9:00 Silver &amp; Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange <b>10:15 Kundalini Yoga</b> 12:15 Multi-Media Painting <b>1:00 Computer Squad</b> 1:00 Gentle Yoga <b>1:00 Essential Oil Workshop</b> 2:15 Karaoke &amp; Music 3:00 iPad/iPhone Beginners <b>4:30 Back Shoulder&amp;Balance</b></p>	<p>9:00 Fit Start I <b>9:30 Glass Fusion Lessons</b> 10:00 Windows 10 <b>10:00 Advanced Self Defense</b> 10:00 Quilter's Lab 10:30 ZUMBA Gold <b>11:00 Physical Therapy Talk</b> 1:00 Ceramics &amp; Wine Bottles <b>2:00 Get Your Pics</b> <b>2:30 Bead Mania I</b> 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic</p>	<p>8:00 SilverSneakers Classic 9:00 Tai Chi 9:00 Silver &amp; Fit Excel 10:00 Beginner Quilt Making <b>10:00 HSAC Crafting</b> 10:15 ZUMBA Gold 11:00 Spanish Club <b>11:00 - 1:00 Grand Family Picnic</b> 1:00 Fitness Orientation (92028) <b>1:00 Health Talk</b> <b>2:00 Birthday Party</b> 4:00 Non-Contact Boxing</p>
<p>8:00 SilverSneakers Classic 9:00 Silver &amp; Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange <b>10:15 Kundalini Yoga</b> 12:15 Multi-Media Painting 1:00 Gentle Yoga <b>1:00 Show &amp; Tell</b> 2:15 Karaoke &amp; Music <b>3:00 Book Club</b> 3:00 iPad/iPhone Beginners <b>4:30 Back Shoulder&amp;Balance</b></p>	<p>9:00 Fit Start I 10:00 Quilter's Lab 10:00 Windows 10 <b>10:00 Basic Self Defense</b> 10:30 ZUMBA Gold <b>11:00 Medicare Q &amp; A</b> <b>1:00 Foundation for Finance</b> (F3E) 1:00 Ceramics &amp; Wine Bottles 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic</p>	<p>8:00 SilverSneakers Classic 9:00 Tai Chi 9:00 Silver &amp; Fit Excel 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 Spanish Club <b>10:00 Ask a Pharmacist</b> <b>11:00 Facebook for Desktop</b> 11:00 Partner Pool 1:00 Fitness Orientation (92029) <b>2:00 Bingo In The Afternoon</b> 2:00 History of Aviation 4:00 Non-Contact Boxing</p>
<p>8:00 SilverSneakers Classic 9:00 Silver &amp; Fit Excel 10:00 Quilter's Choice 10:00 Café Exchange <b>10:15 Kundalini Yoga</b> <b>11:00 Matter of Balance</b> 12:15 Multi-Media Painting 12:30 Jewelry Repair 1:00 Gentle Yoga <b>1:00 Computer Squad</b> 2:15 Karaoke &amp; Music 3:00 iPad/iPhone Beginners <b>4:30 Back Shoulder&amp;Balance</b></p>	<p>9:00 Fit Start I <b>9:30 Empty Bowls 2018</b> 10:00 Quilter's Lab 10:00 Windows 10 <b>10:00 A Study on Leadership</b> <b>10:00 Advanced Self Defense</b> 10:30 ZUMBA Gold 1:00 Ceramics &amp; Wine Bottles <b>2:00 Get Your Pics</b> <b>2:30 Floral Arranging</b> 2:30 Hatha Yoga 3:45 Chair Yoga 5:00 SilverSneakers Classic</p>	<p><b>8:00 Breakfast Club</b> 8:00 SilverSneakers Classic 9:00 Tai Chi 9:00 Silver &amp; Fit Excel <b>9:30 Financial Presentation</b> 10:00 Beginner Quilt Making <b>10:00 HSAC Crafting</b> 10:15 ZUMBA Gold 11:00 Spanish Club <b>1:00 Fitness Orientation</b> (92030) <b>2:00 Texas Hold'em Tournament</b> 4:00 Non-Contact Boxing</p>

<i>Thursday</i>	<i>Friday</i>
<p>9:00 Fit Start I <b>10:00 Writing Group</b> 10:30 Ageless Grace 12:30 Beginner Line Dancing 1:00 Ceramics &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing 6:00 Art Addicts <b>6:00 Potluck Bingo</b> 5:00 SilverSneakers Classic</p>	<p>9:00 Non-Contact Boxing 10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts <b>11:00 Aetna Catalog Party</b> 11:15 Social Ballroom Dance <b>1:00 Movies &amp; Munchies</b></p>
<p>9:00 Fit Start I <b>9:30 Empty Bowls 2018</b> 10:00 Writing Group 10:30 Ageless Grace <b>11:30 Soup &amp; Salad</b> 12:30 Beginner Line Dancing 1:00 Ceramics &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Inter.mediate Line Dancing <b>2:00 Photography 101</b> 6:00 Art Addicts <b>7:00 Dance: Justin Hunter</b> 5:00 SilverSneakers Classic</p>	<p>9:00 Non-Contact Boxing 10:00 iPad/iPhone 10:00 Strengthen On Mat <b>9:15 Happy Hatters</b> 10:00 Café Exchange 10:00 Art Addicts 11:00 8-Ball Singles Tournament <b>11:15 Social Ballroom Dance</b> 1:00 Glass Fusion (Open) <b>2:15 Newcomers Connection</b></p>
<p>9:00 Fit Start I <b>10:00 Coloring Therapy</b> 10:00 Writing Group <b>10:30 Ageless Grace</b> 12:30 Beginner Line Dancing 1:00 Ceramics &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing <b>2:00 Photography 101</b> <b>5:30 Spud And A Show</b> 6:00 Art Addicts 6:00 Fitness Orient DVD (92025) 5:00 SilverSneakers Classic</p>	<p>9:00 Non-Contact Boxing 10:00 iPad/iPhone 10:00 Strengthen On Mat <b>10:00 Edward Jones Presents</b> 10:00 Café Exchange 10:00 Art Addicts <b>11:00 Creative Culinary Club</b> <del><b>11:15 Social Ballroom Dance</b></del> 3:30 Restorative Yoga</p>
<p>9:00 Fit Start I 10:00 Writing Group <b>10:00am—12:00pm Business, Health &amp; Benefits Expo</b> 1:00 Ceramics &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing <b>2:00 Photography 101</b> <b>3:00 Bunco</b> 5:00 SilverSneakers Classic 6:00 Art Addicts <b>7:00 Dance: Pete'n Patti</b></p>	<p>9:00 Non-Contact Boxing <b>9:30 You Can Paint w/Oils</b> 10:00 iPad/iPhone 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Art Addicts 11:00 9-Ball Singles Tournament <b>11:15 Social Ballroom Dance</b> <b>2:00 Picture Bingo</b> 5:00 Fitness Orient DVD (92026)</p>
<p><b>9:00 Fit Start I</b> 10:00 Writing Group <del>10:30 Ageless Grace</del> 12:30 Beginner Line Dancing 1:00 Ceramics &amp; Wine Bottles 1:00 Improver Line Dancing 1:45 Intermediate Line Dancing <b>2:00 Photography 101</b> <b>2:30 Bead Mania II</b> 6:00 Art Addicts 5:00 SilverSneakers Classic</p>	<p><b>SENIOR CENTER CLOSED GOOD FRIDAY</b></p>

“A Quick Bite”  
Tuesdays at Noon  
Only \$5

*You choose your main entrée..  
All meals come with a cup of  
soup, and a dessert.  
See front desk for menu.*

*Place your order and pay at the*

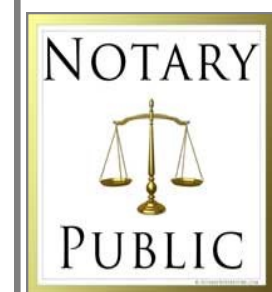
## Upcoming Entrée Menu

March 6: Mexican Cornbread

March 13: Spinach Orzo Salad/Chicken

March 20: Baked Potato

March 27: Baked Spaghetti



Need something notarized? The Senior Center offers free notary services. We do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center Members.

Chair Massage  
By Brenda Mills  
Touch from the Heart  
Massage & Reflexology  
Tuesdays, 10 am—12 pm  
By appointment  
\$1/per min.

